Potential effects of climate change on mental health

- Extreme weather, increased temperatures and reduced air quality events are all associated with climate change and can impair mental health

This impairment can increase:
- Depression and post-traumatic stress disorder
- Anxiety associated with their perception of climate change

Mental health risks associated with climate change

Temperature and humidity: psychological distress, independently of pre-existing depression or anxiety can:
- Influence mental health and well-being
- Decrease productivity and affect livelihoods

Droughts and rainfall:
- Elevate psychological distress, mood disorders

Wildfire:
- Increases fear, stress, and uncertainty

Flood/Hurricanes and rainfall:
- Increase psychological morbidity

Risks factors associated with Vulnerable Societies

Heat
- Pregnant women

Flood
- Women
- Young or elderly age
- People with disability
- Part of an ethnic or linguistic minority living in a household with a female head and having lower level of schooling

Air Pollution
- People with mental health disorders

Deforestation
- People with low quality of life

Psychological impacts of climate change

- Anxiety
- Stress
- Depression and despair
- Increases in violence and aggression
- Loss of community identity
- PTSD
- Burn Out

Mental Health responses for Health Professional related to climate change

- Recognize risk factors affecting health care workers mental health
- Recognize factors influencing HCW's capability to cope
- Know how the climate change affect the mental health of Health professional
- Know the adaptation and mitigation measures to face the impact of climate change on mental health

References:
HOW HEALTH PROFESSIONALS CAN SUPPORT CLIMATE CHANGE MENTAL HEALTH IMPACTS ON THE COMMUNITY?

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Identify the vulnerable Group

- Women
- Children
- Elderly
- Military employees
- First responders
- Persons with pre-existing mental health issues
- Individuals with fewer economic resources
- Under resourced communities

Psychological impacts of climate change

- Anxiety/Eco-anxiety
- Stress and Depression
- Long-term emotional distress
- Increased violence and aggression
- Loss of community identity

Identify mental health issues in the community

Identify Priority actions/interventions to mitigate the impacts

- Provide persuasive information about climate change and its impact.
- Promote mental health and wellness.
- Foster positive, cohesive sense of well being within the community, in the face of uncertainty.
- Identify structures and systems to promote mental health.
- Educate health-care providers, particularly first responders, on how to deal with mental health challenges.
- Strengthen social ties within communities to foster a sense of trust and control in the face of disasters.

References:

Climate change can increase the likelihood of:
- Exhaustion
- Cynicism
- Low self-efficacy among employees
- Excessive stress
- Burnout
- Disturbed sleep
- Poor emotional health
- Other health problems

Effects of disasters on healthcare workers
- Numbing
- Heightened arousal
- Diffuse anxiety
- Loss of a sense of safety
- “survivor guilt”

What mitigation measures can be taken to address mental health issue for the health professionals?

Wellness
Physical and Mental Consideration and fulfillment

Education
Continuing and adaptive Interprofessional trainings

Resources
Autonomous and adequate Equipment and facilities

Communication
Transparent and timely specific and clear

What adaptation measures can be taken to address mental health issue for health professionals?

Communicate
Don’t isolate yourself from colleagues and stay optimistic.

Maintain contact with your loved one
Reach out your loved ones as much as possible.

Take care of yourself
Take care of yourself: eat, drink, and take a nap when the situation is calm.

Respect ways people respond
Some people react differently, some talk, others don’t.

Afford yourself some rest
Comfort yourself with some fun and relaxing activity.

Stay updated
Keep yourself informed about changes in plans or events.

Reference:

Reference:

4) Mohtady Ali H, Ranse JR, Anne, Desha C. Investigating Organizational Learning and Adaptations for Improved Disaster Response: A Resilience and Integrative Literature Review. Prehospital and Disaster Medicine 2022:1-9